

3 Children are a gift from the LORD;
they are a reward from him.

4 Children born to a young man
are like arrows in a warrior's hands.

5 How joyful is the man whose quiver is full of them!
He will not be put to shame when he confronts his accusers at the city gates.

— Psalm 127:3-5

Discussion/Journal Questions

Share a joyful memory from your childhood years. It doesn't have to be big or epic.

Have two or three people read Psalm 127:3-5 out loud slowly. After some time of reflection, ask each other what words, phrases, or ideas stand out to everyone. What questions come to mind as you meditate on this scripture?

What are some of the messages the world communicates about kids and parenting? Which of these messages are helpful and which are harmful?

Think about your home as a child. Would you describe it as a high-joy home or a low-joy home? If you have children, how would they describe your home?

In the sermon, John said, "Low joy homes produce low maturity people." How would you describe the relationship between joy and maturity?

Read John 11:30-36. Attunement is the ability to recognize another person's emotional state and meet them there. How does Jesus model attunement in this passage?

Parenting well includes correction and discipline when needed. What is the difference between toxic correction and healthy correction? How does God model healthy correction in your life?

Read Matthew 7:9-11. What does this passage teach us about God as a parent?

Our capacity for joy (our joy bucket) can grow as we deliberately stir up joy through appreciation and relational connection with others. The 28-Day Joy Challenge is a good way to intentionally grow our joy buckets: <https://4habits.org/4-habits-of-joy-filled-people/#28day>.

As you pray for each other, share both praises and prayer requests so that you can rejoice together.